

	Race			Easy	Marathon	Tempo		Interval						Repetition	
	Performances			Pace	Pace	Pace		Times						Times	
VDOT	5K	10K	Half	Mile	Mile	Mile	VDOT	400	800	1000	1200	1600	VDOT	200	400
30	30:40	63:46	2:21:04	12:40	11:01	10:18	30	2:21	4:42	5:53	7:03	9:25	30	1:08	2:16
31	29:51	62:03	2:17:21	12:22	10:45	10:02	31	2:18	4:35	5:44	6:53	9:10	31	1:06	2:12
32	29:05	60:26	2:13:49	12:04	10:29	9:47	32	2:14	4:28	5:35	6:42	8:56	32	1:04	2:09
33	28:21	58:54	2:10:27	11:48	10:14	9:33	33	2:11	4:22	5:27	6:33	8:44	33	1:03	2:05
34	27:39	57:26	2:07:16	11:32	10:00	9:20	34	2:08	4:16	5:20	6:23	8:31	34	1:01	2:02
35	27:00	56:03	2:04:13	11:17	9:46	9:07	35	2:05	4:10	5:12	6:15	8:20	35	1:00	1:59
36	26:22	54:44	2:01:19	11:02	9:33	8:55	36	2:02	4:04	5:05	6:06	8:08	36	:58	1:56
37	25:46	53:29	1:58:34	10:49	9:20	8:44	37	1:59	3:59	4:59	5:58	7:58	37	:57	1:54
38	25:12	52:17	1:55:55	19:35	9:08	8:33	38	1:57	3:54	4:53	5:51	7:49	38	:56	1:51
39	24:39	51:09	1:53:24	10:23	8:57	8:22	39	1:54	3:49	4:46	5:43	7:38	39	:54	1:49
40	24:08	50:03	1:50:59	10:11	8:46	8:12	40	1:52	3:45	4:41	5:37	7:30	40	:53	1:46
41	23:38	49:01	1:48:40	9:59	8:35	8:02	41	1:50	3:40	4:35	5:30	7:21	41	:52	1:44
42	23:09	48:01	1:46:27	9:48	8:25	7:52	42	1:48	3:36	4:30	5:23	7:11	42	:51	1:42
43	22:41	47:04	1:44:20	9:37	8:15	7:42	43	1:46	3:32	4:24	5:17	7:03	43	:50	1:40
44	22:15	46:09	1:42:17	9:27	8:06	7:33	44	1:44	3:28	4:20	5:12	6:55	44	:49	1:38
45	21:50	45:16	1:40:20	9:17	7:57	7:25	45	1:42	3:24	4:15	5:06	6:49	45	:48	1:36
46	21:25	44:25	1:38:27	9:07	7:48	7:17	46	1:40	3:20	4:10	5:00	6:41	46	:47	1:34
47	21:02	43:36	1:36:38	8:58	7:40	7:10	47	1:38	3:17	4:06	4:55	6:34	47	:46	1:32
48	20:39	42:50	1:34:53	8:49	7:32	7:02	48	1:37	3:13	4:02	4:50	6:27	48	:45	1:31
49	20:18	42:04	1:33:12	8:40	7:24	6:55	49	1:35	3:11	3:58	4:46	6:21	49	:45	1:29
50	19:57	41:21	1:31:35	8:32	7:17	6:51	50	1:34	3:07	3:54	4:41	6:14	50	:44	1:27
51	19:36	40:39	1:30:02	8:24	7:09	6:44	51	1:32	3:04	3:50	4:36	6:08	51	:43	1:26
52	19:17	39:59	1:28:31	8:16	7:02	6:38	52	1:31	3:01	3:47	4:32	6:03	52	:42	1:24
53	18:58	39:20	1:27:04	8:09	6:56	6:32	53	1:29	2:58	3:43	4:28	5:57	53	:41	1:23
54	18:40	38:42	1:25:40	8:01	6:49	6:26	54	1:28	2:56	3:40	4:24	5:52	54	:41	1:22
55	18:22	38:06	1:24:18	7:54	6:43	6:20	55	1:27	2:53	3:36	4:20	5:46	55	:40	1:20
56	18:05	37:31	1:23:00	7:48	6:37	6:15	56	1:25	2:51	3:33	4:16	5:41	56	:40	1:19
57	17:49	36:57	1:21:43	7:41	6:31	6:09	57	1:24	2:48	3:30	4:12	5:36	57	:39	1:18
58	17:33	36:24	1:20:30	7:34	6:25	6:04	58	1:23	2:46	3:27	4:09	5:32	58	:38	1:17
59	17:17	35:52	1:19:18	7:28	6:19	5:59	59	1:22	2:44	3:24	4:05	5:27	59	:38	1:15

60	17:03	35:22	1:18:09	7:22	6:14	5:54	60	1:21	2:41	3:22	4:02	5:23	60	:37	1:14
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